

# BUTLER'S BRIDGE

WEST BEND COMMUNITY IMPROVEMENT ASSOCIATION

VOLUME 3 | ISSUE 1

JANUARY 2017

## January 2017

### COMMUNITY CALENDAR

**Observed as:**

- National Mentoring Month
- National Glaucoma Awareness
- Cervical Health Awareness Month
- National Blood Donor Month
- Birth Defects Prevention Month

**Birthstone:** Garnet      **Flower:** Carnation

**Astrological Signs:**

Capricorn > 19th > Aquarius > 20th

- 1st ..... Hanukkah (End)
- 1st ..... New Year's Day
- 1st ..... WBCIA Annual Assessments Due
- 1st ..... Solemnity of Mary
- 6th ..... Epiphany
- 7th ..... Orthodox Christmas
- 10th ..... Board Meeting
- 12th ..... Orthodox New Year
- 13th ..... Martin Luther King
- 17th ..... Inauguration Day

## PERFECT TIME FOR COOL SEASON HERBICIDE

*Randy Lemmon*

I'm referring to are Fertilome's Weed Free Zone and Bonide's Weed Beater Ultra. While the temperatures are finally correct to be able to use such products, the method of application is important as well.

Years ago, before the advent of these herbicides, broadleaf weed control in December, January and February was pretty much non-existent, because the herbicides that are normally used for broadleaf weed control can actually kill St. Augustine and Bermuda lawns if used at the wrong times of the year.

So, along comes Carfentazone-based Fertilome's Weed Free Zone, and the art of weed control in the cooler months is now being perfected. But there are some caveats that must be respected for these herbicides to work properly.

First is the temperature range: Carfentazone-based herbicides work best between 45-75 degrees Fahrenheit. That means now that the coolest days we've had so far have subsided, and while we are not as warm as we once were at the start of December, the time is now to use these weed controls. Secondly, much like any herbicide we talk about using along the Gulf Coast, the need for a surfactant is still important. If you've never heard me talk about this important step, please read the tip sheet from our Archives.

But, besides the temperature range and the need for a surfactant, the other important step would have to be "HOW" it is applied. You should use either a pump-up sprayer or a hand-held trigger sprayer. Since these products are sold mostly

*(Continued on Page 2)*

## IMPORTANT NUMBERS

### EMERGENCY

Emergency Situation .....	911
Constable Precinct 5 .....	281 463-6666
Sheriff Emergency & Non .....	713 221-6000
Harris County Sheriff (Store Front) .....	281 564-5990
Harris County Sheriff (sub-station) .....	281 463-2648
Poison Control .....	800 764-7661
Crime Stoppers .....	713 222-TIPS

### EMERGENCY

AT&T (Repairs) .....	800 246-8464
Center Point Energy (Electric) .....	713-207-2222
Center Point Energy (Gas) .....	713 659-2111
Comcast (Cable) .....	713 462-9000
Mud #120 (Water) .....	713 405-1750
Reliant (Electric) .....	713 207-2222
Street Light Repairs -need Pole# .....	713 207-2222
Trash (Texas Pride Disposal) .....	281 342-8178

### PUBLIC SERVICES

Local U.S. Post Office .....	281 920-9337
<i>12655 Whittington Dr, Houston, TX 77077</i>	
Toll Road EZ Tag .....	281-875-EASY (3279)
Volunteer Fire Dept. ....	281 498-1310
Steve Radack ( <i>County Commissioner</i> ) .....	713 755-6306
Animal Control .....	281 999-3191
Dead Animal Pick-up (Precinct 5) .....	713 439-6000
Dead Bird Report .....	713 440-3036
Graffiti Clean-up .....	281 463-6300
Mosquito Control (Health Dept.) .....	713 440-4800
Mow the Bayou .....	713 684-4000

### SCHOOLS

Alief Independent School Dist. ....	281 498-8110
Alief Transportation (to report Bus) .....	281 983-8400

### NEWSLETTER INFORMATION

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*(Continued from Cover)*

in concentrate, it should make it easy to use a pump-up or hand-held sprayer.

Avoid the use of Dial-N-Spray at all possible costs because you cannot be as precise with the spray. And over-use of such products on the entire yard, can cause a yellowing of the grass. So, spot treating is paramount with these controls.

There are some concentrates available in a "Ready to Spray" formula that you hook on the end of the hose. And while I would prefer you use the pump-up or trigger sprayer method, if this is the only thing available, please do it but with extreme caution and concentrate on that spot treatment. That means you've got to be quick on the switch with the ON and OFF lever.

One final reminder about these herbicides, and that's that they are specific for broadleaf weeds. So, if you've done a poor job of following the Pre Emergent part of my Fertilization Schedule you may well have things like Clover. This means you have permission to spot treat with these Carfentazone-based herbicides. Another weed that these herbicides work well on would be Virginia Buttonweed. However, they will not control any "grassy" weeds.

*Please check the website for updates. [www.ciaservices.com](http://www.ciaservices.com)*

## Board Meeting and Management

**C.I.A. SERVICES INC.**  
**3000 Wilcrest Drive Suite #200 Houston, TX 77042**

**Phone: 713 981-9000**  
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**[www.ciaservices.com](http://www.ciaservices.com)**  
**[customercare@ciaservices.com](mailto:customercare@ciaservices.com)**

### MONTHLY BOARD MEETING EVERY 2nd TUESDAY

**7:00p - Executive Session**

**7:30p - Board Meeting**

**Butler's Bridge Pool**  
**3915 Summit Valley Dr.**  
**Houston, TX 77082**

## LITTERING

- According to Wikipedia, cleaning up litter in the U.S. costs hundreds of dollars per ton, about ten times more than the cost of trash disposal, for a cost totaling about \$11 billion per year. That's money which could have gone to building wind turbines, or planting trees and flowers, or painting city rooftops white.
- The several trillion toxic cigarette butts littered worldwide annually are responsible for fatal fires and the deaths of numerous mammals, birds and reptiles who eat them.
- Litter reduces property value, because it sends a message that people don't take pride in their community.
- In Georgia it costs \$90 million annually to throw away 2.6 million tons of cans, bottles and newspapers that are collected and moved to Georgia landfills. Those items would have an estimated market value of \$300 million if they were recycled.
- According to the U.N. Environment Program, plastic debris causes the deaths of more than a million seabirds every year, as well as more than 100,000 marine mammals. Syringes, cigarette lighters and toothbrushes have been found inside the stomachs of dead seabirds, which mistake them for food.
- Twenty years ago Burger King did a study which determined that \$1 million of unopened ketchup got thrown out each year. Imagine the savings if restaurant goers everywhere only took what they needed.
- Finally, littering is symptomatic of apathy, the root of virtually all problems. So, by stigmatizing littering, you don't merely mitigate the aforementioned problems.

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## The Architectural Control Committee

The (ACC) Architectural Control Committee must be informed if you are planning to change the exterior style, color, or have plans for additions or any removal to your property. A mandatory Architectural Review Form will need to be completed and signed. You may obtain this form on-line at [www.ciaservices.com](http://www.ciaservices.com)

## NEXTDOOR.com

Nextdoor is the free and private social network just for West Bend neighbors. On Nextdoor, neighbors share crime and safety concerns, local events, recommendations, items for sale/free, ideas about how to make our neighborhood better, messages from the Harris County Sheriff's Dept., and the Houston Chronicle.

*Our neighborhood is using a private online network called Nextdoor.*

**Please join us to build a better neighborhood!**

[www.nextdoor.com/join](http://www.nextdoor.com/join) Code: MZXJX



Register on [www.crimereports.com](http://www.crimereports.com)

## CONGRATULATIONS TO THE 2016 HOLIDAY DECORATING CONTEST WINNER'S



- 1st Place Williams Family 14850 West Bend**
- 2nd Place Maldonado Family 4134 Club Valley**
- 3rd Place Warrick Family 3914 Summit Valley**

We had so much fun riding the Pedal Party in the neighborhood! There were so many beautifully decorated homes throughout, it made the judging very difficult that we actually decided to add an Honorable Mention Award starting next year.

Thanks again to our neighbor, Nate Stout, of 4006 Vintage Valley Drive for donating his time, services and the use of the PEDAL PARTY.

If you would like to thank Nate or to find out more about Pedal Party, please contact [www.pedal-party.com](http://www.pedal-party.com) 832.429.6977



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## TENNIS TIPS

By USPTA/PTR Master Professional  
Polo Tennis and Fitness Club

### How to execute The Forehand Lob



In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two-handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two-handed high volley approach shot and the one-handed high volley approach shot.

In this issue, I will offer instructions on how to execute the Forehand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep and the opponent is either charging to the net or staying far back. The player hitting the lob is looking for “air time” to regain balance and court space. This ball should be hit high enough so the players at the net cannot reach and “slam” the ball down, or force the opponent at the base line to retrieve back. In the illustrations, “Suzie” Foster, Member of the Polo Tennis and Fitness Club, shows the proper technique to execute this stroke.

**Step 1: The Back Swing:** When Suzie is forced deep into the court and realizes that she must hit a defensive lob, she pivots to the right and gets her racket back early. Notice that the head of the racket is

low and her left arm is up in front to keep her balance. Her eyes are focused on the path of the ball and her weight is in her right foot.

**Step 2: The Point of Contact:** Suzie is now ready to hit the ball. Her eyes are now on the point of contact and the face of the racket is tilted at a 45-degree angle to create height and depth on her lob. Her goal is to keep her head still and not start looking up to her opponent or to the other side of the court.

**Step 3: The Follow Through:** The success of a deep lob is the follow through. Suzie’s wrist is still “laid back” and her shoulder is lifting the racket above her head. Her right arm is still in front of her to allow maximum balance.

**Step 4: The Shuffle Back:** Once Suzie finishes the stroke, her goal is to either move forward toward the net to hit an overhead, or to shuffle back to the middle of the court to drive the next ball back to the opponent.

Look in the next Newsletter for: How to execute  
“The Two-Handed Backhand Lob”



## Fungus Gnats

Fungus gnats often become a problem in homes due to an overwatering problem. Since this time of year can bring poinsettias or other plants into the home, fungus gnats are a pest to watch for.

Fungus gnat adults are small, black, long-legged flies with long antennae. Most adults are about 1/16 an inch but some can get up to 1/2 an inch. They are weak fliers and generally remain near potted plants, growing media, foliage or leaf litter.

Larvae, or immatures, have a black head capsule and long whitish body without legs. They feed on organic matter such as mulch, compost, grass clippings, plant roots and fungi. When conditions are very moist, fungus gnat larvae can become abundant and may leave slime trails on media that looks similar to trails left by snails or slugs.

While these gnats are a nuisance they are fairly easy to manage. Indoors, it is a good idea to use yellow sticky cards as a monitoring tool. Potato pieces may also be used as a monitoring tool for fungus gnats. To do this, imbed a peeled potato cube into media and inspect the underside of the potato and the media directly below it twice a week for fungus gnat larvae.

To manage fungus gnat populations, work on reducing excessively moist conditions. Avoid overwatering and make sure that there is good drainage. The surface of container soil should be allowed to dry before watering again.

If using compost, make sure that items have been fully composted. Compost piles should be turned regularly and kept away from doors or windows. Inspect all doors, windows, vents and screens for a good seal to reduce the number of gnats that may enter a structure.

Bacillus thuringiensis var. israelensis or the nematode Steinernema feltiae can be applied in containers to control larvae. Either spray on the media or apply as a soil drench. Biologicals work best when they are applied early in an infestation. If a population is already large, they may not provide the control desired.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com)

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# Finding Resolution

I know, work-life balance has been discussed to death. Yet how many of you find yourself nodding and saying, "Yes, I know I need to do find a better balance. It totally makes sense that I feel tired and unhappy because I'm rushing around all the time. I'll find a way to make some time for myself"? You tell yourself you'll schedule some free time later, but does later ever come? I know I've been waiting for later for years now. I decided it was time for a change. Here are a few thoughts that have helped me along the way:

1. What's really important? It's time to decide what is really necessary and important in your life. Pick 5 priorities that you feel are absolutely vital to your well-being (e.g. family, religion, work, friends, and hobbies).

2. How can you cut back? Now, that you've chosen your top 5 priorities it's time for the hard part—cutting back. Find ways to negate, or decrease, of the things that are stressing you out. Maybe you don't have to do \_\_\_\_\_ for so and so. Or is there a certain person in your life who's been causing more stress than happiness? You don't have to cut that person out of your life, but maybe it's time you take a step back and re-evaluate whether or not the friendship is healthy at this time in your life.

3. Scheduled spontaneity. I know, scheduled spontaneity seems like an oxymoron, but it's incredibly important. Create a routine that works for you, but be sure to block out some free time. This time can be as long, or as short, as you'd like and is time where you can do whatever you want to do. Just make sure it's fun!

As always, I turned to the pasture for inspiration. As I sat and watched my horses going about their day, I made some interesting observations. Horses are masters of prioritizing what's important. Their top priorities fall into line as: safety, comfort, and play. Everything else falls by the wayside if these priorities aren't met. They are terrific partners with a healthy work ethic, while still relishing in their freedom do run and play. Their exuberance is captivating and beautiful to watch.

Once I took a step back to look at the bigger picture, I was amazed at how easy finding balance could be. I didn't need to run myself into exhaustion to please everyone. Doing so always ended with me feeling like I was trying to do so much, but doing none of it as well as I wanted. Finding a new work-life balance would not be possible without the support of great friends (both human and horse!), family, and God. These pillars of support help me stay on track and keep me motivated. I highly recommend you find pillars of your own to utilize in your own transition.

Tara Chatterson works at Five Horses, LLC. Please visit the Five Horses' website, [FiveHorses.com](http://FiveHorses.com), for more information about Natural Horsemanship lessons or Equine Assisted Learning.

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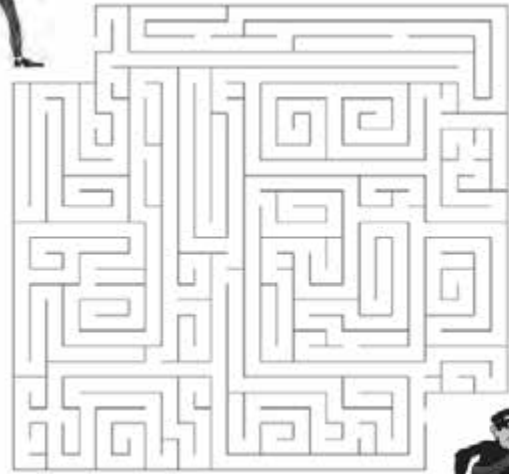
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The advertisement features a central graphic with a sunburst background. The text "SELL US YOUR CAR!" is written in large, bold, black letters. Several puppies are integrated into the text: one is perched on the top of the "S", another on the top of the "R", a third is peeking out from the "O", and a fourth is sitting to the right of the "R". At the bottom left, there is a small icon of the Texas state flag. The website address "TEXASDIRECTAUTO.COM" is written in a white, serif font on a dark grey background at the bottom.